



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child.

Inme's surfing program is ideal for beginners. The art of surfing involves using a surfboard to glide over the white crested waves in the ocean! It's a sport which demands concentration, precision, skill and balance!

Our young participants will wade into the oceanic waters and learn to crest the waves. All of this happens on the beautiful beaches of Pondicherry where expert surfing instructors will be taking the children through each step with a lot of care and skill.

We will be staying at the famous city of Auroville which is an experimental township the likes of which are rare in the world.



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<b>Code</b>	<b>Age-Group</b>	<b>Departure</b>	<b>Arrival</b>
ST1	14-17 yrs	14 April	21 April
ST2	14-17 yrs	21 April	28 April

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**Cost: Rs. 51,000**



## CAMPUS AND AREA

The program runs out of Pondicherry in South India.

A former French colony, Pondicherry is one of the best places to get a glimpse of the colonial heritage and the shimmering waters of the Bay of Bengal. Serenity beach at Pondicherry serves as the classroom for the Surf n Turf program. Distance from Chennai: 170 kms.



## TRAVEL

### **From Bangalore:**

Departure: 11:15 pm (report by 10:15 pm)

Arrival: 6:00 am.

Madiwala Bus Station,  
Bangalore. By overnight  
Luxury AC bus.



### **Outstation participants**

Fly into Chennai to join the program. Inme provides airport pick up and drop service and meals at an added cost of Rs. 2500.

## WEATHER

At Pondicherry, temperatures range from 22°C- 30°C during this period.

The humidity level will be high.



## ACCOMMODATION

The group stays in clean and open hostels in Auroville with three people sharing a spacious room and an attached bathroom.

Girls and boys have separate rooms.



## TOILETS

The hostel has fixed toilets with hand faucets and flushes.



## INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio.

Instructors include a mix of female and male instructors. We do surfing in partnership with Kallialay Surf School. A doctor is available on call at all times.



## FOOD

Wholesome nourishing meals are provided. The food is largely vegetarian with a non-veg dish served 2-3 times (usually dinner) on a program. Other than breakfast, lunch and dinner, we provide snacks and refreshments at appropriate times with emphasis on staying hydrated. There is variety and we take care of both taste and nutrition in planning the menu.



## FITNESS & PREPARATION

This program might be more demanding than the usual physical activities you're used to.

We recommend a little jogging, stretching and exercising a few weeks before the departure to gain the flexibility and agility needed to truly enjoy the experience.



## DAY WISE SCHEDULE

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- Day 1**                    **DEPARTURE** From Bangalore at 11:15 pm from Madiwala bus station.
- Day 2**                    **SETTLING IN** Reach Pondicherry. Settle into the hostel. The program starts with detailed briefing and expectation setting. Ice breakers help the participants get to know each other. Get introduced to the basics of surfing. A visit to Auroville information center ends the day.
- Day 3**                    **INTRODUCTION** After a hearty breakfast, depart for Serenity beach. Start with a session on safety briefing and introduction to surfing. A visit to Matrimandir - The heart of Auroville ends the day.
- Day 4**                    **SURFING** The participants practice catching their waves and body surf to the beach. Back at the hostel, the group practices pop up surfing to improve their muscle memory. Visit the Youth center at Auroville.
- Day 5**                    **RIDE THE WAVES** The real test starts today! The group will practice body surfing and learn how to balance and stand up on the board while catching a wave! There are going to be a lot of spills in the water before the participants learn the art of balancing. Visit the Youth center at Auroville.
- Day 6**                    **WATER BABY** Spend more time in the water to firm up the skills and techniques learnt. The group also visits the surf board making factory where surf boards are made by hand.
- Day 7**                    **CLOSURE** Participants put to use all skills learnt over the last few days. Balance on the surf boards and catch your own waves under the guidance of instructors. Leave Pondicherry in the evening.
- Day 8**                    **HOME** Arrive at Bangalore at 6:00 am





## KITLIST

Follow this list strictly - Over or under-packing is not recommended as it will impact the comfort, safety and overall program experience.

### BASIC CLOTHING

- 8 T-Shirts (dark colours)
- 3 T-Shirts (quick dry)
- 4 pairs Shorts (preferably surfing shorts)
- 1 Track pant
- 1 waterproof jacket
- 2 pairs Socks
- 1 swimming costume (1 piece, no bikini)
- 2 Towels (quick dry)
- 1 cap / sun shade
- Undergarments - sufficient
- Disposable Face masks - sufficient



### PACKING

- Limit to one piece of luggage.
- You are expected to carry your own bag during transfers at the station and the campus.
- Pack everything in a rucksack or duffle bag with straps (No wheels)
- Do not pack in a suitcase or stroller.



### FOOTWEAR

- 1 pair floaters – Strapped footwear usable in wet condition. Not Crocs or leather sandals.
- 1 pair bathroom slippers
- 1 pair comfortable rubber soled shoes in good condition. Must be worn in, not new



### LIMITED MONEY, IF YOU WISH

- Inme takes care of all needs from the time we take charge of the participants, so no money is needed for meals, incidentals or kit items
- We do have a store on the campus and participants may like to buy memorabilia like T-shirts, caps, keychains etc. However, do not carry more than Rs 2500
- Do note that participants are responsible for the same unless it is handed to the Instructor/Course Leader to be deposited in the campus safe

### OTHER ITEMS

- For girl participants: Tampons. Carrying a tampon is a must to surf while on your period.
- Personal Toiletries - Must include hand sanitizer, soap/shower gel, sun screen (strong), lip balm, cold cream & mosquito repellent
- A pair of sunglasses - should cover the eyes completely
- A torch or headlamp (bring spare batteries)
- Medicines, if you are under treatment (provide details with medicine name in the medical form)
- Extra pair of spectacles in case you use them (contact lenses not recommended)
- Water bottle (at least 2 litre capacity)  
Avoid thermoses with glass inners
- Small Knapsack/ Day pack to carry your personal items with you

### NO JEWELLERY / EXPENSIVE CLOTHES / GADGETS

- Do note that on outdoor and campus based programs there are many opportunities to lose and damage things. Inme does not take responsibility of any item like jewellery, gadgets or expensive clothes.
- Participants may carry a camera that they can take care of themselves.



Please understand that we do not want you to purchase things unnecessarily. However, for an outbound program, some of these items are essential. You can get all of the above mentioned things in stores like Decathlon and other online sellers. Most items should last and serve you a longer time in the outdoors!